

ATTENTION  
MIDDLE  
AND  
HIGH  
SCHOOL  
STUDENTS

ENTER THE ANNUAL  
STIGMA-FREE

# STICKER CONTEST

Artwork should represent what it means to be stigma-free  
or what "Proud to Be Stigma-Free" looks like.

GRAND PRIZE  
WINNER WILL  
RECEIVE A:

**\$300** GIFT  
CARD!

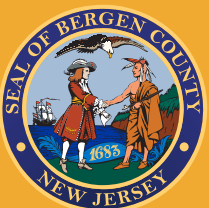
ADDITIONAL CATEGORY WINNERS MAY BE IDENTIFIED FOR OTHER PRIZES

**SUBMISSIONS ARE DUE BY MARCH 28<sup>TH</sup>**

#### The Bergen County Stigma-Free Initiative

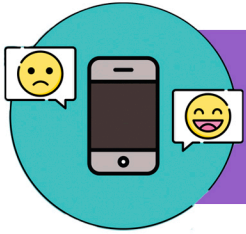
is a county-wide program that works to prevent and reduce the stigma associated with mental illness, raises awareness of the disease of mental illness through education, helps make conversations about mental health a part of everyday discussions, and eliminates and prevents stigma to encourage those who live with a mental illness to seek assistance without the fear of being negatively judged.

Contact Mayra Cabrera, [mcabrera@bergencountynj.gov](mailto:mcabrera@bergencountynj.gov)  
or 201-634-2750, with any questions



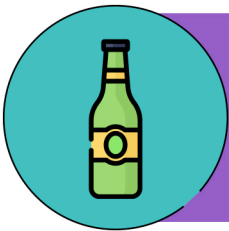
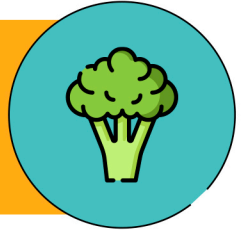
**BERGEN COUNTY  
PROUD TO BE  
STIGMA-FREE**

# Tips for coping with stress:



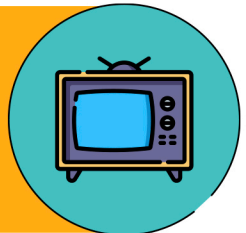
It is normal to feel sad, stressed, confused, scared or angry during a crisis. Talking to people you trust can help. Contact your friends and family.

Maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones.



Don't use smoking, alcohol or other drugs to deal with your emotions. If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Limit worry and agitation by taking a break from your phone, tablet and computer. Some good ideas are to sit and read a book, go outside, or do anything that you enjoy.



Instead of aiming for perfection which isn't possible, be proud of however close you get to your goals.

**Suicide and Crisis Lifeline:**  
**988**  
call or text 24/7

**2nd Floor Youth Hotline:**  
**888-222-2228**  
call or text 24/7

**REMEMBER: 911 FOR EMERGENCIES**

**Bergen County Division of Mental Health & Addiction Services: 201-634-2750**

James J. Tedesco, III  
Bergen County Executive

**Bergen County Board of Commissioners**

Mary J. Amoroso, *Chairwoman* · Steven A. Tanelli, *Vice Chairman* · Dr. Joan M. Voss, *Chair Pro Tempore*  
Rafael Marte · Germaine M. Ortiz · Thomas J. Sullivan · Tracy Silna Zur

# Bergen County Stigma-Free Sticker Contest Submission Release Form

## Rules:

- All artwork must be original. No tracing and no stock or “borrowed” images may be used.
- All entrants must be a student enrolled in Bergen County schools or home schooled in Bergen County, or be a Bergen County resident if they go to school in a different County.
- Entries may be hand drawn or digitally designed (see specifications below).
- Entries may be used for social media and other marketing materials for Bergen County.
- Entries must include your original artwork and the consent form.
- All entries must be received by **Friday, March 28<sup>th</sup>** – Late entries will not be accepted.

## Entry Details:

- The attached release must be signed by a parent/guardian and submitted with your artwork.
- Hand drawn entries must use the attached template and mail or drop off their design and consent form to:

**Mayra Cabrera**  
**Department of Health Services – 4<sup>th</sup> Floor**  
**One Bergen County Plaza**  
**Hackensack, NJ 07601**

- Digital submission specifications:
  - Please submit in .jpg, .png, or .pdf format below 25 MB. Vector format will be requested from winners.
  - Please use CMYK color
  - Must have at least a 1/8” bleed on all sides
- For digital submissions, email your design and consent form to Mayra Cabrera at [mcabrera@bergencountynj.gov](mailto:mcabrera@bergencountynj.gov).

## Entrants agree that:

In exchange for good and valuable consideration, I consent to the display and/or use of my original artwork submission or images thereof by the Bergen County Division of Mental Health and Addiction Services. This consent applies to all forms known now or in the future, in all media and all manners, including, but not limited to: advertising, art, social media, editorial content, and exhibition. I hereby release Bergen County, its affiliates and respective directors, officers, agents, employees, and guests from any and all claims of any kind on account of any such use. I understand that if my artwork is selected as the contest winner it will be printed and distributed to the community and promoted on social media, County websites, as well as other potential mediums including local journalism platforms, and that the artwork will not be returned to me. The County of Bergen reserves the right to add a County seal to your art if selected a winner. At the time of the donation to the County, all rights, interests and title to the artwork shall automatically transfer to the County.

## Entrant Contact Information:

Name (printed): \_\_\_\_\_

Check here if entrant is under 18 years of age.

Street Address: \_\_\_\_\_

Parent/Guardian name: \_\_\_\_\_

Town: \_\_\_\_\_

Parent/Guardian signature: \_\_\_\_\_

Phone: \_\_\_\_\_

Relationship to entrant: \_\_\_\_\_

Email: \_\_\_\_\_

Date signed: \_\_\_\_\_

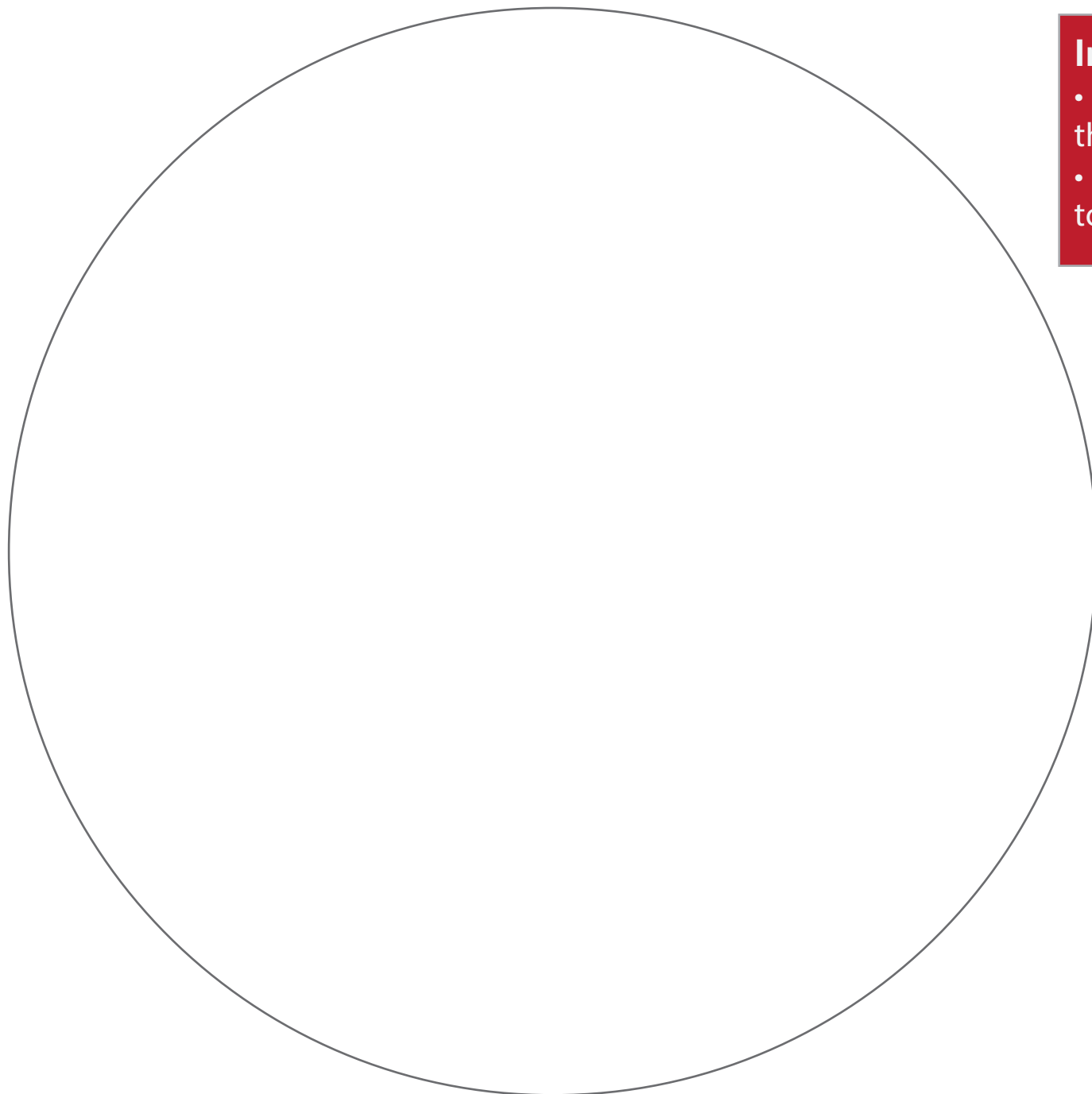
School: \_\_\_\_\_

Grade: \_\_\_\_\_

Entrant signature: \_\_\_\_\_

Name: \_\_\_\_\_ School: \_\_\_\_\_

## Your Design



### Important!

- Keep all words a 1/2 inch from the edge of the circle
- Extend the background design to the edge of the circle

**Actual Size of Sticker**

